



The art of relaxation



14 1 2

Chapter 1 by Ella

Your task is simple. In order to relax, you will have to do 2 simple tasks.

Task 1: lay, or sit down in a comfy spot.

Task 2: read through these, and let them take you on an adventure unlike any other.

Chapter 2 by Ella



Location 1:

A warm pleasant breeze blows strands of your hair into the air. The sun shines down on you with a pleasant, warm glow. You are perched on a wide, flat rock. You lay down, and absorb the sunlight and warmth. You extend your feet so that the cool water laps up against your toes, making a pleasant noise. In the distance you hear birds chirping in the sky, water gurgling in a stream, and trees swaying in the wind. The air smells pleasantly like moist earth, and reminds you of memories from past summers. A smile forms on your lips, and you close your eyes. You fold your arms up above your head, and gently lay your head on them. You feel yourself calming, and slowly you relax all your muscles and drift off to a pleasant warm sleep.

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